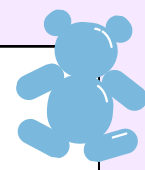



POLARIS FAMILY DAY CARE | Monthly Newsletter | May 2024




ON THIS MONTHS

AROUND THE COUNTRY

- Family Day Care Week | 01-07
- International Compost Awareness Week | 05-11
- Mother's Day | 12
- National Families Week | 15-21
- Australia's Biggest Morning Tea | 23
- National Sorry Day | 26
- Reconciliation Week | 27-03



SPECIAL DAYS FOR OUR EDUCATORS



- Hyun Suk Jung | 22
- Nan Hee Yeo | 25
- Jung Min Kim | 27
- Jieun Park | 31

5 MINUTE MOVES

ANIMAL ADVENTURE - WALKING WILD

Let's embark on an Animal Adventure! First, we'll become lumbering bears, moving with slow, deliberate steps, growling softly as we roam the forest. Then, we'll transform into bouncy frogs, leaping forward with joyful hops, aiming for the farthest and highest jumps. Next, we'll scuttle like speedy crabs, sidestepping to the rhythm of the ocean waves, clicking our "crab claws" in excitement. After that, we'll waddle like playful penguins, swinging our arms and wiggling our hips as we journey across the icy tundra. Finally, we'll stomp like mighty elephants, trumpeting our presence in the savannah. Let's explore and have fun together!

KIDS IN THE KITCHEN

CHEESY VEGGIE QUESADILLAS

PREP 10 mins | BAKE 5 mins | MAKES 6 quesadillas



INGREDIENTS

- 6 small flour tortillas 1 cup
- shredded cheddar cheese 1/2 cup
- cooked and diced vegetables (e.g., bell peppers, mushrooms, zucchini)
- Butter or cooking spray, for greasing
- Sour cream and salsa, for serving (optional)

METHOD

1. Heat a non-stick skillet over medium heat.
2. Place one tortilla in the skillet and sprinkle a handful of shredded cheddar cheese evenly over the tortilla.
3. Add a spoonful of diced vegetables on one half of the tortilla.
4. Fold the tortilla in half to cover the toppings, creating a half-moon shape.
5. Cook for 2-3 minutes on each side, or until the tortilla is golden brown and crispy, and the cheese is melted.
6. Repeat with the remaining tortillas and filling ingredients.
7. Once cooked, remove the quesadillas from the skillet and let them cool slightly before slicing into wedges.
8. Serve the cheesy veggie quesadillas with sour cream and salsa on the side for dipping, if desired.
9. Enjoy these tasty and nutritious quesadillas as a delicious snack or meal that's easy to make and fun to eat.

COMMUNITY EVENTS



- **Little Eco Warriors – Create Your Own Vegetable Garden!** – Thu, 16 May | 3:30pm – 4:30pm
FREE | Bookings essential online | Suitable for children in school years 2-6 | Castle Hill Library

Learn how to grow vegetables from seed in pots and containers. Discuss how to grow healthy plants and which plants grow in different seasons. Children will paint and decorate a small terracotta pot, plant their seeds, and start their very own vegetable garden to take home!

This event is for children only. Due to space restrictions in the room, parents will not be permitted and do not require a ticket. This event is fully supervised by library staff.

- **1-2-3 Magic & Emotional Coaching with Metro Assist** – Tue, 8, 15 & 22 May | 11:45am – 1:30pm
FREE | Bookings essential online | Suitable for parents and carers of children up to 12 | Strathfield Library

123 Magic is an evidence-based parenting course which focuses on child development, behaviour management and strategies for emotional regulation. The program aims to strengthen the relationship between parents and children, provide you with a toolkit for building emotional resilience, help you manage challenging behaviours.

- **Mother's Day At Rydges Parramatta** – Sun, 12 May | 12:00pm – 3:00pm
Booking close 9th May | Adult – \$69, Child (5-12yrs) – \$35, Child (under 5) – FREE

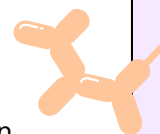
Spoil Mum and the special women in your life this Mother's Day with a scrumptious meal at Rydges Parramatta. Enjoy a High tea full of delicious sweet and savoury fare! All mothers will receive a complimentary gift pack on the day.

- **Speech Pathology Talks at the Library**

Certified practicing speech pathologists from Speech Pathology Australia, will be holding free information sessions for caregivers who have children who need support with early language and literacy.

Sessions held at 11:30am after Toddler Time at the following dates and locations.

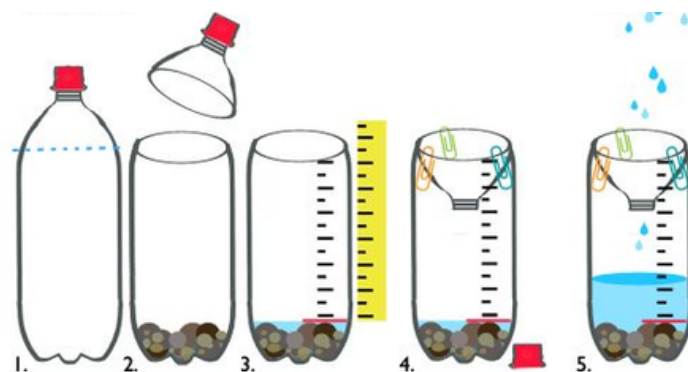
- 9 May 2024 at Merrylands Library
- 27 May 2024 at Auburn Library



SUSTAINABILITY CORNER

WATER CONSERVATION

Children get creative by crafting their own gauges using simple materials like plastic bottles and rulers. They decorate their gauges with colourful designs, fostering creativity and excitement. Once assembled, we place the gauges outside to collect rainwater. Each day, kids eagerly check the gauges, measuring and recording the amount of rainfall. Through this hands-on activity, they learn about the importance of rainfall in sustaining life and gain a deeper appreciation for water conservation. It's a splash of fun and education combined!"



FEEDBACK IS ALWAYS WELCOME

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